

In the Kitchen with **Fast Ed**



Tuscan Chicken and Pear Salad

Preparation time: 10 minutes | Cooking time: 10 minutes | Serves: 5

5 small chicken breast fillets
2 tsp Tuscan seasoning
2 pears, cut into fine batons

1 red onion, sliced
4 cups mixed baby salad leaves
½ cup ranch dressing, to serve

1 Sprinkle the chicken breast fillets with Tuscan seasoning, then set aside for 5 minutes. Cook in a non-stick frying pan using a little extra virgin olive oil for 10 minutes, turning regularly, until just firm. Set aside to cool completely, then slice finely.

2 Combine the pears, onion and baby salad leaves in a bowl and toss to combine. Arrange salad in **Match-ups™** containers, then top with the chicken. Pour the dressing over chicken and salad.

Fast Eds Note: Take your salad on-the-go in your leak-proof and airtight **Match-ups™ Clips 1L** storer.



décor



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